

SAMHSA

Recovery Support Services 2020



[Substance Abuse Mental Health Services Administration \(SAMHSA\)](#) provides a Disaster Distress Helpline with multilingual, confidential crisis support services available to all US and US territory residents. Call the Helpline at **1-800-985-5990** or text **TalkWithUs** to **66746**.

SAMHSA has also compiled [a list of guidance and resources](#) to assist individuals, providers, and communities affected by the current COVID-19 situation.

[Contact us](#) [Text TalkWithUs](#)

Where can I get Online Recovery Support?

Finding a recovery community right now may be difficult. But, some organizations are offering online recovery support.

Below, you can find recovery resources, like podcasts, blogs, and social media apps as well as virtual recovery meetings happening every day.

SAMHSA Virtual Recovery Resources

SAMHSA has compiled [a list of virtual resources](#) which describes resources that can be used to virtually support recovery from mental/substance use disorders . It also provides resources to help local recovery programs create virtual meetings.

In The Rooms

In The Rooms is a global recovery community, offers [access to daily recovery support meetings](#) including 12-Step Fellowships, SMART Recovery, Recovery Dharma, and many others.

Unity Recovery

Unity Recovery offer [free virtual recovery meetings](#) using a Zoom platform five times a day.

Tips for staying connected

The Hazelden Betty Ford Foundation shares [tips for staying connected and safeguarding your recovery](#), with online support meetings, podcasts/blogs, mobile apps, social media groups, and movie/video suggestions.

How I'm Coping with COVID-19

[How I'm Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery](#) offers first-hand tips from a person in long-term recovery.

More Resources

[Safer Drug Use Resources](#)

Learn about how to be prepared with this resource from HarmReduction.org.

Also available en [Español](#).

[Harm Reduction Providers](#)

Learn more about what you can do if you are a harm reduction provider with this educational resource from HarmReduction.org

[Coping with Stress](#)

It is normal for anyone, including teens, to feel stressed by COVID-19. These are tips for coping with that stress.